



## SARDINE FAJITA PITAS

6 cans **Crown Prince Natural Skinless & Boneless Sardines in Olive Oil**, drained  
(reserve 1 can of oil)

1 large onion, sliced

1 large green bell pepper, thinly sliced

8 ounces shredded Mexican cheese blend  
(cheddar and Monterey jack)

8 pita breads, halved



### *Salsa:*

1 medium onion, finely chopped

1 medium tomato, finely chopped

1/2 jalapeno pepper, finely chopped

2 tablespoons lime juice

Preheat oven to 325°F. In a skillet, sauté onion and bell pepper in reserved olive oil. Add sardines and cheese. Remove from heat and stuff mixture into pita halves, placing stuffed pitas in a large baking dish. Bake for 10 minutes or until cheese is melted.

While pitas are baking, make the salsa by mixing all ingredients together. Serve the salsa with the pitas. *Serves 8.*

*Per Serving: 403 Calories (134 Calories from Fat), 15g Fat, 29g Protein, 41g Carbohydrate, 23mg Cholesterol, 643mg Sodium*